



Healthy Eating

After you have looked at the food pyramid, place each one of the foods from the box into the correct column of the table below. Next, add some suggestions of your own to each category

bread	chicken	eggs	margarine	sugar	cake	orange
butter	peas	lean beef	milk	broccoli	fish	crisps
cereal	potato	pasta	oil	yoghurt	cabbage	rice
cheese	fruit	nuts	salt	sweets	watermelon	apple

Eat most	Eat moderately	Eat in small amounts	Eat occasionally